

What is claimed is:

1. A prepackaged therapeutic regimen comprising:

(a) a non-sedating first dosage unit, which includes a nasal decongestant:

(b) a second dosage unit which includes an antihistamine having an absence of
5 any stimulatory decongestant effect and an attenuated dosage of nasal
decongestant;

(c) indicia for distinguishing between said first and said second dosage units;

(d) administration instructions which teach the coordinated use of said dosage
units as a rhinitis regimen, such that said first dosage unit is instructed for
10 daytime administration, and said second dosage unit is instructed for
nighttime administration; and

(e) a pharmaceutical dispensing container prefilled with said dosage units, and
incorporating said indicia, and said coordinating instructions.

15 2. The prepackaged therapeutic regimen of Claim 1 wherein said antihistamine is
non-sedating.

3. The prepackaged therapeutic regimen of Claim 1 wherein said antihistamine is
sedating.

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4. The prepackaged therapeutic regimen of Claim 1 wherein said decongestant is
pseudoephedrine.

5. The prepackaged therapeutic regimen of Claim 1 wherein said dispensing container is a blister pack.
- 5 6. The prepackaged therapeutic regimen of Claim 1 wherein said dispensing container incorporates bottles containing solid medications.
7. A prepackaged therapeutic regimen comprising:
- 10 (a) a non-sedating first dosage unit, which includes a nasal decongestant in an attenuated dosage:
- (b) a second dosage unit which includes an antihistamine having an absence of any stimulatory decongestant effect and an attenuated dosage of nasal decongestant;
- (c) indicia for distinguishing between said first and said second dosage units;
- 15 (d) administration instructions which teach the coordinated use of said dosage units as a rhinitis regimen, such that said first dosage unit is instructed for daytime administration, and said second dosage unit is instructed for nighttime administration; and
- 20 (e) a pharmaceutical dispensing container prefilled with said dosage units, and incorporating said indicia, and said coordinating instructions.

8. The prepackaged therapeutic regimen of Claim 7 wherein said antihistamine is non-sedating.
- 5 9. The prepackaged therapeutic regimen of Claim 7 wherein said antihistamine is sedating.
- 10 10. The prepackaged therapeutic regimen of Claim 7 wherein said decongestant is pseudoephedrine.
11. The prepackaged therapeutic regimen of Claim 7 wherein said dispensing container is a blister pack.
12. The prepackaged therapeutic regimen of Claim 7 wherein said dispensing container incorporates bottles containing solid medications.
- 15 13. A method for rhinitis treatment comprising the steps of:
- (a) formulating a rhinitis treatment regimen comprising a non-sedating first dosage unit, which includes a nasal decongestant and a second dosage unit which includes an antihistamine having an absence of any stimulatory decongestant effect and an attenuated dosage of nasal decongestant;
- 20 (b) providing indicia for distinguishing between said first and said second dosage units;

(c) providing administration instructions for the coordinated use of said dosage units; and

(d) prefilling a pharmaceutical dispensing container with said dosage units, and incorporating said indicia, and said coordinating instructions for a user.

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14. A method for rhinitis treatment comprising the steps of:

(a) formulating a rhinitis treatment regimen comprising a non-sedating first dosage unit, which includes a nasal decongestant in an attenuated dosage and a second dosage unit which includes an antihistamine having an absence of any stimulatory decongestant effect and an attenuated dosage of nasal decongestant;

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(b) providing indicia for distinguishing between said first and said second dosage units;

(c) providing administration instructions for the coordinated use of said dosage units; and

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(d) prefilling a pharmaceutical dispensing container with said dosage units, and incorporating said indicia, and said coordinating instructions for a user.